

THAT WHICH IS CLAIMED:

1. A fiber optic cable, comprising:

a strength member comprising a sheet, said sheet  
manufactured in a forming process, said sheet having at least one  
5 fiber access opening leading to a formed area disposed generally  
relative to an axis of the cable;

at least one optical fiber component disposed within said at  
least one formed area; and

a cable jacket generally surrounding said strength member.

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2. A fiber optic cable according to Claim 1, said sheet  
comprising a strip, tape or foil.

3. A fiber optic cable according to Claim 1, said strength  
15 member having a substantially uniform thickness.

4. A fiber optic cable according to Claim 1, said cable having a  
non-preferential bend characteristic.

20 5. A fiber optic cable according to Claim 1, said cable having a  
preferential bend characteristic.

6. A fiber optic cable according to Claim 1, said at least one  
formed area being generally V-shaped.

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7. A fiber optic cable according to Claim 1, said at least one  
formed area being generally U-shaped.

8. A fiber optic cable according to Claim 1, said at least one  
30 formed area being generally U-shaped with a generally flat bottom  
portion.

9. A fiber optic cable according to Claim 1, a cross-sectional area of the cable being generally non-circular.

10. A fiber optic cable according to Claim 1, said cable jacket  
5 including an indicia.

11. A fiber optic cable according to Claim 1, said strength member comprising a metallic material.

10 12. A fiber optic cable according to Claim 1, said strength member formed from a metallic sheet, said strength member further comprising an interior space having a central electrical conductor surround by a dielectric material at least partially filling said interior space and functioning as an insulator  
15 between said central electrical conductor and said strength member.

13. A fiber optic cable according to Claim 1, further comprising an interfacial layer at least partially disposed between an outer  
20 surface of said strength member and said cable jacket.

14. A fiber optic cable according to Claim 1, said at least one optical fiber component being adjacent to a decoupling zone.

25 15. A fiber optic cable according to Claim 14, said decoupling zone substantially surrounding the at least one optical fiber component.

16. A fiber optic cable according to Claim 1, further comprising  
30 a water-blocking component at least partially disposed in said formed area.

17. A fiber optic cable, comprising:

a strength member comprising a sheet, said sheet manufactured in a forming process, said sheet having at least one fiber access portion leading to a formed area disposed generally  
5 relative to the longitudinal axis of the cable;

at least one optical fiber component disposed within said at least one formed area;

a decoupling zone disposed in said at least one formed area and adjacent to said optical fiber component;

10 at least one water-blocking component at least partially disposed in said formed area; and

an interfacial layer at least partially disposed between an outer surface of said strength member and a cable jacket generally surrounding said strength member.

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18. A fiber optic cable according to Claim 17, said sheet comprising a strip, tape or foil.

19. A fiber optic cable according to Claim 17, said strength  
20 member having a substantially uniform thickness.

20. A fiber optic cable according to Claim 17, said cable having a non-preferential bend characteristic.

25 21. A fiber optic cable according to Claim 17, said cable having a preferential bend characteristic.

22. A fiber optic cable according to Claim 17, said decoupling zone substantially surrounding the optical fiber component for  
30 substantially decoupling said optical fiber component from said strength member.

23. A fiber optic cable according to Claim 17, a cross-sectional area of the cable being non-circular.

24. A fiber optic cable according to Claim 17, the cable  
5 including an indicia for locating said optical fiber component.

25. A fiber optic cable according to Claim 24, said indicia comprising a protrusion above a generally uniform cross-section of said cable.

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26. A fiber optic cable according to Claim 17, said at least one formed area comprising an interstice, said cable jacket at least partially filling said interstice.

15 27. A fiber optic cable according to Claim 17, said strength member being formed of a metallic sheet, said strength member further comprising an interior space having a central electrical conductor surround by a dielectric material at least partially filling said interior space and functioning as an insulator  
20 between said central electrical conductor and said strength member.

28. A fiber optic cable according to Claim 17, said fiber access portion comprises a fiber access opening.

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29. A fiber optic cable according to Claim 17, said at least one formed area being generally V-shaped.

30. A fiber optic cable according to Claim 17, said at least one  
30 formed area being generally U-shaped.

31. A fiber optic cable according to Claim 17, said at least one formed area being generally U-shaped with a generally flat bottom portion.

32. A fiber optic cable, comprising:

a strength member comprising a sheet, said sheet  
manufactured in a forming process having at least one fiber  
access portion leading to a formed area disposed generally

5 relative to an axis of the cable;

at least one optical fiber component disposed within said at  
least one formed area;

a cable jacket generally surrounding said strength member;  
and

10 the cable having a strain of about a 1.0% or less when  
applying about a 1,000 lb. tensile force.

33. A fiber optic cable according to Claim 32, said strength  
member having a substantially uniform thickness.

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34. A fiber optic cable according to Claim 32, said cable having  
a non-preferential bend characteristic.

35. A fiber optic cable according to Claim 32, said cable having  
20 a preferential bend characteristic.

36. A fiber optic cable according to Claim 32, said cable having  
a strain of about 0.3% or less when applying about a 500 lb.  
tensile force.

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37. A fiber optic cable according to Claim 32, said cable having  
a strain of about 0.3% or less when applying about a 300 lb.  
tensile force.

30 38. A fiber optic cable according to Claim 32, said at least one  
optical fiber component being adjacent to a decoupling zone.

39. A fiber optic cable according to Claim 38, said decoupling zone substantially surrounding said at least one optical fiber component.

5 40. A fiber optic cable according to Claim 32, further comprising a water-blocking component being partially disposed in said formed area.

41. A fiber optic cable according to Claim 32, said cable jacket  
10 includes an indicia.

42. A fiber optic cable according to Claim 32, said strength member formed from a metallic sheet, said strength member further comprising an interior space having a central electrical  
15 conductor surround by a dielectric material at least partially filling said interior space and functioning as an insulator between said central electrical conductor and said strength member.

20 43. A fiber optic cable according to Claim 32, said fiber access portion comprises a fiber access opening.

44. A fiber optic cable according to Claim 32, further comprising an interfacial layer at least partially disposed between an outer  
25 surface of said strength member and said cable jacket.